

HEALTHY TEETH



You can help your baby have healthy teeth even before he or she is born. Read below to find out how.

Your baby's teeth begin to form as early as the second month of pregnancy. They are fully formed below the gums before birth.

Good nutrition while you are expecting is important to provide protein, vitamins, and minerals needed to form your baby's teeth.



Vitamin A is especially important to form the hard, white outer covering of teeth known as the enamel.

WIC foods – milk, cheese, eggs, many fruits and vegetables are good sources of vitamin A, protein, and calcium. Protein and calcium are important to help form the structure of the teeth.



Vitamin C is especially important to form the material found inside the teeth. Good sources of vitamin C are the WIC approved juices. Many fruits and vegetables also are good sources of this vitamin.

Drink fluoridated water. Fluoride makes teeth strong and less likely to be damaged by cavities. Ask your WIC agency if the water in your area has fluoride.

Pregnant Moms

Many moms-to-be snack more often when pregnant. Frequent snacking during pregnancy can lead to cavities. Read below to find out which foods are more likely to cause cavities.



Sugary foods combine with bacteria on teeth to form acid that causes decay.



Good choice for a snack! Besides being good sources of many vitamins and minerals, fruits and vegetables cause saliva flow that cleans teeth.

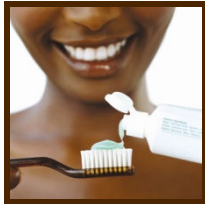


Fruit juice is a source of sugar that can promote cavities. Drink fruit juice with a meal, not by itself. Chewing food may help remove the sugary film left on teeth by the juice.



The starch in crackers changes to sugar in the mouth. If you eat crackers for nausea, rinse your mouth with water after eating. Eating a slice of cheese with the crackers will help prevent cavity formation.

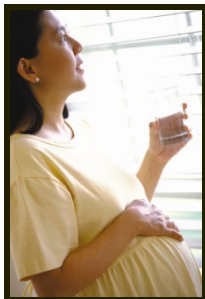
Keep your mouth healthy and clean while you are pregnant to prevent the spread of cavity-causing germs to your baby after he is born. Here are some tips that will help you take care of your teeth during pregnancy.



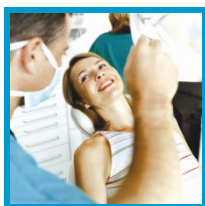
Brush your teeth after every meal and snack using a soft toothbrush and fluoride toothpaste.



Floss daily to remove the sticky film on teeth that can lead to tooth decay.



Do not become alarmed if your gums bleed a little when brushing and flossing. Your hormonal changes and increased blood flow to the gums may cause your gums to bleed easily. However, if there is a lot of bleeding, report it to your doctor or dentist.



Vomiting due to the nausea of pregnancy can hurt your teeth. Stomach acids soften the outside of the teeth, and brushing soon after vomiting can lead to damage to this outside surface. Simply rinse your mouth with water after vomiting.

Continue regular check-ups with your dentist while you are pregnant! Be sure and let your dentist know that you are expecting.

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